



**Special points of interest:**

Sunday Worship  
8:00 AM & 10:00 AM

Academy Chapel  
Every Tuesday, 2:15 PM

Rejoicing Spirits  
6:00 PM (2nd & 4th  
Thursday via Zoom)

815-399-5013

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**From Pastor Desk:**

Monday, July 27, 2020

Volume 47, Issue 15

## *Connecting With God in Times of Crisis*

Earlier this week a friend of mine remarked, "Is it just me or is the world starting to spin out of control? It seems like all we're doing is going from one major crisis to the next to the next. How are we supposed to catch our breath anymore?" How should we respond during a crisis? The quick answer is to pray and worship God (no real surprise there). This is what so much of the psalms are filled with - people crying out to God during times of turmoil, doubt, upheaval, fear, loss, grief, disappointment, or despair. From Psalm 1 to Psalm 150, they are filled with real, raw, expressed human emotions. Both joyful and desperate. The expressions run the gambit of human experiences. Some Christians ask "What is the purpose of this? Doesn't God already know? Why bring it up again?" In truth, there are several reasons. 1) We do this not for God's benefit, but for our own. 2) It is far better for us to express these emotions rather than bury them. 3) In expressing them, we open ourselves up to both processing our emotions and gaining a deepened connection with God.

Connections are important. They are a core part of who we are. Dr. Rene Brown writes "I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." The Psalms give us wonderful examples of how to develop open, vulnerable, expressive connections with God. The deeper we have these experiences the more we are plugged into God's liberating grace and healing power.

These connections (or deeper experiences) are some of the core by products of worshipping God. When our connection with Jesus is strengthened, we begin to be our real selves. We discover true purpose, experiences, and meaning to our lives. The more we allow Jesus to lead our lives, the more we receive mercy, strength, and help.

Psalm 34:18 reads "*The LORD is close to the broken-hearted and saves those who are crushed in spirit.*" Ultimately what worship does is it takes our minds off of ourselves and helps not just see, but focus on and connect with the living, breathing creator of the world. No one knows us better than God. No one knows better "who we were created to be" than the one who created us. In times of crisis, there is no one who can both mend our broken hearts better, calm our anxieties and worries faster, or lead us to joy and peace more directly than God. Let us all take the opportunities that these seemingly never ending crises provide and connect deeper with God through the worship of our hearts, minds, souls, and bodies. Amen!

**BY THE NUMBERS**

|                    |         |    |                      |         |    |
|--------------------|---------|----|----------------------|---------|----|
| Attendance 7/12/20 | 30 + 16 | 46 | Attendance 7/5/19/20 | 23 + 25 | 48 |
| Online Views       | 53      |    | Online Views         | 59      |    |

Required total receipts weekly.....**\$8,215.67**

|                  |              |                  |             |
|------------------|--------------|------------------|-------------|
| Gen Fund 7/12/20 | \$5,750.00   | Gen Fund 7/19/20 | \$5,060.00  |
| Forward in Faith | \$883.00     | Forward in Faith | \$670.00    |
| Surplus/Deficit  | - \$1,562.67 | Surplus/Deficit  | -\$2,485.67 |

**\*Surplus/Deficit YTD..... - \$11,357.12 (6/30/20)**

\*Please note that these figures include several prepayments of full pledges.



**Pray for Alpine members:**

Pat Anderson, Vince Bertolotto, Tim Beynon, Rick Bried, Cindy Bulthaus, Tim & JoAnn Christiansen, Pat Christiansen, Ernest & Mary DeNale, Doris Fransen, Marybeth Gillette, Rich & Jan Hill, Peggy Lillegaard, Ed Lorenzen, , Jack & Norma Lucas, Marguerite Lusth, Diane McCue, Valerie Miller, Ron & Jan Pauly, Marge Pearson, Irving Perala, Donna Steele, JR Stropes, Melissa (Bukowski) Stucky & family and Darold Walker.

**Pray for our friends and family of Alpine:**

Sally Atkinson, Kim Braun, Linda Carter, Linda Conness, Linda Fry, Jerome Gill, Daniel Hendrickson, Debra Johnson, Kathleen Lovins, Todd McDonald, Sharon Mund, Helen Newsome, Judy Osiwalla, Dale Peterson, Tom Rogers, Bob Schult, Jeremy Sturges, Elizabeth Tankersley, Don Tennant, Brendan Welsh, Penny Wendling, Sharon Wrye, Karen & Delaney Younglove, all those on the front line and those affected with Covid-19.

**All in the Family**

Birthday thanks came in from **Darold Walker, Pam Hodges** and **Cary Ralston**. Our condolences go out to **Violet & Bob Peterson** whose brother-in-law passed away expectantly. **John McCue** sent his thanks for the birthday greetings celebration his 90<sup>th</sup> birthday.

**Worship Schedule :**

**Sunday Worship:** Starting July 12<sup>th</sup>

8:00 AM Traditional Worship

10:00 AM Praise Worship/ Facebook Live

\*Children's Church is on hiatus until further notice.

**Academy Chapel:** Facebook Live at 2:15 PM during the summer months

**Rejoicing Spirits: Every 2nd & 4th Thursday, via Zoom, 6:00 PM** (This service is for those with developmental disabilities, their families, caregivers, and others.)

Our **Bible Studies & Adult Forums** will be on hold during the Covid-19 Phase 4 until further notice.



**To reach Pastor Dan after office hours**, you may call 815-399-5487. Please leave a message and he will respond as soon as possible.



**Praying weekly for Alpine's membership** has had a very positive effect on our church! We have had many positive and thankful responses from those we have been praying for. The benefits are so great that we have decided to make this an on-going part of Alpine's church life. Some comments we've received are "power of prayer - it works!", "just what we needed", and loads of thanks! Even though we are praying for a few families each week, please call Pastor Dan whenever the need arises for extra prayers you may have.

**Together we worship, together we pray, together we love.**

**Aug 2<sup>nd</sup>**—Jeanne Tengren; Bab Yahn; David & Diane McCue; ans Michael & Tina Speaker

**Aug 9<sup>th</sup>**—Rich & Jan Hill; Jim Hill; David & Marianne Hoel; and Emily Christiansen



### Alpine Schedule

**Sunday, August 2<sup>nd</sup>**—Worship services, 8 & 10 AM (no Children's Church), Facebook live, 10 AM

**Sunday, August 2<sup>nd</sup>**—Scholarship Sunday, 10 AM  
Tuesday, August 7<sup>th</sup>—Worship & Music, 6 PM; Christian Ed & Youth, 6:30 PM; Soc. Min & Connections, 7 PM

**Sunday, August 9<sup>th</sup>**—Worship services, 8 & 10 AM (no Children's Church), Facebook live, 10 AM

### From the SCRIP Desk:

Even though we are opening up for worship. We feel that it is still unsafe to gather in the narthex to order SCRIP. We will continue offering a curbside pick-up service. Please either call the church office, 815-399-5013, and make an order or drop off your order form at the kiosk on Sunday. A pick-up date and time will then be scheduled for you to receive your cards.

(Deb Geeser)

**KEEP CALM...SHOP SCRIP**

**Additional Ways to connect with Alpine:** As we start in-person worship services, we will continue to broadcast our worship services at 10 AM Sundays via Facebook Live and then post a recording to YouTube shortly after. Pastor Dan is posting a devotional on Mondays, Wednesdays & Fridays on Facebook and YouTube. You can find us on Facebook and YouTube by searching Alpine Lutheran Church of Rockford.

Recently the **Winnebago Co. Health Dept.** released a restriction for indoor gatherings saying that anyone with a fever of 100.4 or above be asked not to attend the gathering. With this in mind, please be aware that Alpine will abide by this restriction and ask you to understand. We want to be welcoming but your safety is also important.

**Please watch your mail box:** The half year statements are printed and have gone out in the mail along with our annual 53rd/54th week appeal letter. We thank everyone at Alpine for their generous support of our church and its mission.

I am inviting you, as a member or friend of the No. IL Synod, to join me in a six-week book study of "**White Fragility**" by Robin DiAngelo. Racism is a really tough subject to discuss and I think this book will help us get into an important and timely discussion. We will meet **by Zoom Thursday evenings at 7:00 p.m. beginning July 30** (Wednesday night filled up fast). You can find the book on various platforms. Register at <https://nisynd.org/white-fragility-book-study/>

Walking with you,  
Rev. Jeffrey Clements,  
Bishop, NIS, ELCA

**Those Who Serve Changes:** A new schedule of our Usher/Greeters has been sent out for August and September. We will reevaluate our volunteer needs in September and another schedule will go out for the months through the end of the year. (Laurel McVinnie)

**Alpine is now scheduling meeting for outside groups.** Please call the office, 815-399-5013, to schedule when and where you can hold your meeting. When you call you will be given the current procedures that will need to be followed to keep our building and all attendees safe. **Church committees will meet again in August.**



The **Scholarship Committee** has received the applications for this year's recipients. They are pleased to announce that we will be handing out those scholarships on **Sunday, August 2<sup>nd</sup>** at the **10 AM service**. Alpine is proud to be able to support our students in this manner every year. (Gary Hunt)

**Katie's Choice Book Club** meets every 2nd Thursday of the month at 10 AM via Zoom. The book for discussion in August is "**The Hitchhiker's Guide to the Galaxy**" by Douglas Adams. "Extremely funny...inspired lunacy...(and) over much too soon." - The Washington Post Book World. More information about the Zoom invitation will be available through [katiescuprockford@gmail.com](mailto:katiescuprockford@gmail.com) as the date nears.

**July Collection Drive:** This month we will be collecting for 2 different organizations; the Veterans' Drop-In Center and Alpine Academy. The items needed are the following: Veterans' Drop-In; canned & non-perishable food, grocery gift cards, and clothing especially jeans for men; and for the Academy; hand sanitizer, Amazon Echo Dots, and Amazon gift cards to purchase Covid-19 related supplies. As is always, monetary donations are accepted and will be split between the two organizations. (Scott Dabson)

Due to COVID social distancing requirements, the usual community **cooling centers are at their max. Second First Church** is a new daytime community cooling center. The hours are 10 AM to 4 PM, would you consider volunteering for a 2-hour shift at the new cooling center? We need people to had out water and snacks. If yes, please send an email to Kay at [KayL@Carpentersplace.org](mailto:KayL@Carpentersplace.org) with the subject line COOLING CENTER. Thank you in advance!



Children's Church will be on hiatus until Fall. We will reevaluate our safety situation at that time and update everyone.



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Non-profit org  
U.S. Postage  
PAID  
Rockford, IL  
Permit #2653

RETURN SERVICE REQUESTED

### Sun. Worship Times

**8:00 & 10:00 AM**

(when we can meet again)



See what Alpine has to  
offer you on the Web!  
[alpinelutheran.com](http://alpinelutheran.com)

### ALPINE ACADEMY UPDATE :



**Alpine Academy  
of Rockford**  
Faith • Family • Future

We are just about a month away from the start of our upcoming school year. This year certainly isn't like any we've prepared for in the past. The important thing is that we will be prepared to welcome students back to school here at Alpine beginning on Aug. 19<sup>th</sup>. We're excited about having our students back in our building and planning for a safe return to our classrooms.

We're just about completed with our classroom moves and working on ensuring we have everything needed to meet the Health Dept. guidelines. This past week I was at a meeting with Dr. Martell, Winnebago County Health Dept. Administrator, where she gave us updates on guidelines and requirements. Dr. Martell was very reassuring in her message to all schools that she believes that we can and will safely make a successful return to classrooms. We pray that God will lead us and all other schools in this time of preparation and as we return to our classrooms.

I am also very excited to share that the "Invest In Kids" program continues to be successful for us in allowing students to attend Alpine Academy. I would encourage you to contact me at the school if you have a question about or are interested in information about how you can donate to this program. Choosing to donate not only helps to provide a quality Christian Education for students right here at Alpine but also provides you with a Illinois tax credit of 75% of the donation. I'd love to share more information with you about this program.

During the month of July, we are partnering with Alpine Lutheran Church in another donation drive for the Veterans Drop In Center and are thankful for Alpine's support in this drive for the Academy. The donations collected this month will go a long way in preparing both the Veterans Drop In Center and Alpine Academy for the coming months. Thank you all in advance for your generosity and support.

In Christ,  
Scott Dabson  
Admissions Director